Vancouver metro
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Vancouver Public Library, Alice MacKay Room
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CLINTON, I'M NOT FEELING THE FEMINIST LOVE

VIEWS

High 11°C/Low 6°C Cloudy

CLOSING TIME

After 120 years at its Burrard Street location, St. Paul's Hospital will be closing. The building, in desperate need of upgrades and repairs, will be replaced with a new $1-billion facility on Station Street. Story in Vancouver news. THANDI FLETCHER/METRO

Arrest in Ryan Reynolds run-in

HIT-AND-RUN

Vancouver photographer may face charge of intimidation

Matt Kieltyka
Metro | Vancouver

A local photographer has been arrested for allegedly hitting actor Ryan Reynolds with his vehicle in a Vancouver hotel parking lot Friday.

Vancouver police confirmed Monday that a 52-year-old Richmond man is in custody and possibly facing a charge of intimidation after an alleged confrontation with Reynolds in the secured parking lot of the Shangri-La Hotel Vancouver.

"The victim was approached in an underground parking lot in a secured hotel by a photographer in his car. It resulted in a bit of a confrontation," said Const. Brian Montague. "As the photographer was leaving … he struck the victim with his car."

Reynolds, who was born in Vancouver and is back in town filming the upcoming big-budget comic-book movie Deadpool, suffered a sore knee and a sore back in the incident, but was able to get back to work the next day, police say.

Police are recommending a charge of intimidation against the photographer, though Montague added Crown prosecutors may also consider break and enter and hit and run charges if there is enough evidence to support those charges.

The photographer was taken into custody on Sunday, Montague said.

Police say intimidating is a rarely used charge.

According to the Criminal Code, intimidation includes "violence or threats of violence" against the victim or when the offender "persistently follows" the victim.

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metro NEWS

Your essential daily news

John Legend launches FREE AMERICA campaign to end mass incarceration

Two confirmed dead in warehouse inferno

FIRE

People were living in the abandoned building

Matt Kieltyka
Metro | Vancouver

Vancouver firefighters say two people are dead after a massive fire engulfed an abandoned warehouse early Monday morning.

Vancouver Fire & Rescue Services (VFRS) were called to the building, at Hastings Street and Campbell Avenue, at 2:10 a.m. to find the warehouse fully involved in flames and smoke.

A number of people who were apparently squatting in the building managed to escape but police received unconfirmed reports that two others may have been trapped inside.

"There were attempts made by our officers to get inside the building, but they were unable to because of flames and a large amount of smoke," said Vancouver police spokesman Const. Brian Montague.

Those unconfirmed reports turned out to be true, according to VFRS spokeswoman Capt. Carol Messenger.

"The two bodies have been discovered," she wrote Metro via email Monday afternoon.

The B.C. Coroners' Service is now investigating the deaths, she said.

The victims have not been identified.

TransLink rerouted five bus routes to avoid the area during the morning commute.

The cause of the fire is unknown, but Montague says there are no evident signs of foul play.

Police arson investigators, VFRS investigators and the Coroners' Service are now all investigating the cause of the fire, Montague said.

"But we'll be looking closely at that given that we very well may have two deceased people inside," he told media shortly before the bodies were found.

Vancouver fire chief John McKearney told Metro that VFRS and city inspectors have no previous history with transient use at the warehouse.

The investigation continues.

Vancouver firefighters spray water onto a fire on Hastings Street in the early-morning hours of Monday. RYAN STELTING/CONTRIBUTED

55

Fifty-five firefighters worked throughout the morning to put out the three-alarm fire.

SEARCH

Plane debris found: Official

A spokesman for the Transportation Safety Board of Canada says debris found in the mountains north of Vancouver is believed to be from a missing plane.

A Carson Air cargo plane with two pilots aboard was flying from Vancouver to Prince George, B.C., but was lost shortly after 7 a.m. on Monday. No contact was made with the pilots before radar was lost.

Two Cormorant helicopters along with C-130 and Aurora aircrafts helped search-and-rescue ground teams look for the Sweringen SA 226 aircraft. Early search efforts had been hampered by a low cloud ceiling and turbulence.

But TSB spokesman Bill Yearwood said ground crews did eventually come across debris in the North Shore mountains near Mount Seymour and believe it's from the plane.

He says the federal agency will deploy investigators to the site as soon as they can confirm the origins of the debris and access the site.

Yearwood says he has no information on the status of the pilots and TSB investigators will not be heading to the location on Monday night.

THE CANADIAN PRESS
WITH FILES FROM THANDI FLETCHER

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New hospital to be built as St. Paul's set to close

HEALTH CARE

Province committing $500 million to project

Thandi Fletcher
Metro | Vancouver

After 120 years operating on Burrard Street, St. Paul's Hospital is closing and will be replaced by a new $1-billion health centre three kilometres away.

Providence Health Care announced Monday plans to build a new state-of-the-art hospital and health-care campus on a 7.5-hectare site on Station Street near Science World that it hopes will be ready by 2022.

"A new St. Paul's will give patients a 24/7 centre to go to that will have a centralized intake process," Geoff Plant, board chair for Providence Health Care, said at a crowded news conference Monday.

"Patients will be directed onto the right care paths quickly and efficiently, resulting in less congestion, faster and better treatment and better use of taxpayer dollars."

The province is committing $500 million to the facility, which has long been in need of repairs and seismic upgrades, while Providence Health Care will come up with the remaining funds.

Dr. Dan Kalla, who heads the hospital's emergency department, said a new facility is long overdue. He said the current hospital is limited on space, which makes it difficult for health care workers to do their jobs.

"In emergency, a big issue is confidentiality," he said. "It's hard when we're overflowing and don't have private rooms to take intimate personal histories."

The new facility will also include services that can't be added to the current constrained Burrard Street site, including chronic disease management services, a low-risk birthing centre, end-of-life care and community outreach programs, said Kalla.

With the facility's location near the Downtown Eastside, Kalla said the hospital also aims to improve access to care for patients with mental health and addiction problems.

"That's where people fall through the cracks," he said. "It's easy when someone needs acute care and it's easy when somebody needs community care. It's those people on the tipping point … who really aren't served by either model."

But critics of the plan are disappointed that Vancouver is losing its downtown hospital.

Spencer Chandra Herbert, New Democrat MLA for Vancouver-West End, said the Stanley Cup riots highlighted the importance of having emergency services in the "most densely packed community in North America." With the viaducts, bridges and SkyTrain closed that night, St. Paul's "had the busiest night it's ever had," he said.

He said constituents have also told him that they moved closer to St. Paul's Hospital because they regularly need to access health care services, and will be affected by the hospital closure.

But Neil MacConnell, project lead for the new hospital, said, "there will be always be emergency services for the West End."

He said 80 per cent of visits to the current St. Paul's Hospital site are non-urgent.

"The best way to handle an emergency is to dial 911 because even if you live in the west end, the best hospital for you might not be St. Paul's," he said.

Providence Health Care announced Monday plans to close St. Paul's Hospital on Burrard Street and replace it with a new $1-billion hospital and health care campus on Station Street. THANDI FLETCHER/METRO

> **A new St. Paul's will give patients a 24/7 centre to go to …**
> Geoff Plant, board chair for Providence Health Care

VEHICLE CRASH

Criminal charges pending for teen

An 18-year-old driver could face criminal charges after a single vehicle crash in Vancouver left his friend in critical condition.

Vancouver police were called to SW Marine Drive, near 57th Avenue, after neighbours awoke to the sound of a loud crash and people screaming at 3 a.m. on Sunday.

On scene, they discovered the mangled wreck of a Mercedes in a resident's front yard.

Miraculously, the novice driver walked away with minor injuries.

His passenger, a 17-year-old male, was not so lucky.

Vancouver police spokesman Const. Brian Montague said the teen was rushed to hospital in critical condition.

His injuries include head trauma, swelling of the brain, facial fractures, a broken arm and potential damage to both eyes.

Police say early evidence suggests the car was travelling down Marine Drive at double, perhaps even triple, the posted speed limit of 50 km/h.

The speedometer of the destroyed vehicle was seen stuck on 180 km/h, but police have yet to confirm whether the needle accurately reflected the vehicle's speed at the time of the crash.

Vancouver police took the unusual step of releasing photos of the crash to show how severe the damage is.

Montague expressed disappointment with the driver's alleged reckless driving and said investigators were pursuing criminal charges.

"The fact that anyone walked away (alive) is remarkable in itself," said Montague. "But the driver of the car is responsible not only for themselves, but for their passengers and other drivers on the road. Not only will (the driver) be facing criminal charges, I imagine, at this point."

The investigation continues.

MATT KIELTYKA/METRO

Wreckage at the scene.
CONTRIBUTED

ENVIRONMENT

Map pinpoints pipeline incidents

Curious about pipeline safety?

The National Energy Board (NEB) introduced on Monday an interactive, online map that allows Canadians to track all pipeline-related incidents since 2008.

Nearly 700 incidents are currently viewable on the map, which can be filtered by year, province and incident type (categories include incidents of fatality or serious injury, fires or explosions, and release of gas or liquids).

According to the map, available on the NEB's website, there have been 65 pipeline-related incidents in British Columbia between 2008 and 2015.

Thirteen of those are classified as "significant incidents".

The pipeline incident map will be updated quarterly, with the next update scheduled for July 2015.

National Energy Board chair Peter Watson said in a statement that the map is intended to demonstrate the federal regulator's "commitment to transparency."

MATT KIELTYKA/METRO
WITH FILES FROM EMILY JACKSON

IN BRIEF

Capilano University faculty back on the job

Thousands of students will be able to write their final examines after faculty at Capilano University called off its strike.

On Monday, the faculty and Capilano University reached an agreement to bring in a non-binding, third-party mediator to help facilitate negotiations.

The strike began last week after a series of escalating job actions failed to result in a new deal.

MATT KIELTYKA/METRO

RICHMOND

Deadly fire leaves boy 'clinging to life'

A woman is dead, a 13-year-old boy is "clinging to life" and a suspect is in custody after a suspicious fire in Richmond early Monday morning, according to a statement from the Integrated Homicide Investigation Team.

Firefighters and police responded to reports a home was engulfed in flames in the 10000 block of Cornerbrook Crescent just after 2 a.m., according to the Integrated Homicide Investigation Team spokeswoman Sgt. Stephanie Ashton.

After containing the fire, investigators entered the home where they found a deceased woman. The victim was 66-year-old Elaine Leznoff.

A suspect has since been taken into custody. IHIT investigators remain on scene to determine the cause of the fire, the circumstances of Leznoff's death and how the boy was injured.

Anyone with information is asked to contact IHIT at 1-877-551-4448.

EMILY JACKSON/METRO

Kitsilano base would have helped in oil spill: Ex-coast guard captain

ENGLISH BAY

Beaches in Vancouver, North Shore remain closed

Emily Jackson
Metro | Vancouver

A retired Canadian Coast Guard captain who spent his 32-year career in the Vancouver harbour insists the Kitsilano Coast Guard station would have made a "huge difference" in the English Bay oil spill response, despite claims from the commissioner that it would have played no role in the response.

Capt. Tony Toxopeus, who was a coxswain at the Kitsilano station and a trained pollution response technician, said Monday the base could have had a boat with oil-containing boom by the vessel's side within an hour of the spill.

WCMRC crews replacing oiled boom around the MV Marathassa with clean (yellow) containment boom. COURTESY OF THE CITY OF VANCOUVER

"They're downplaying it to such a degree it's shameful, it's terrible, it's dishonest," Toxopeus said.

"There was a 40-foot boat that was purpose built for oil pollution response," he said, adding the base also had 150 metres of Kepner self-inflating boom, 150 metres of 24-inch fence boom, 30 metres of oil absorbant boom, a skimmer and absorbant pads.

"That was probably the best equipped station on the B.C. coast," he said.

While Toxopeus acknowledges the base didn't have enough equipment to fully contain the spill, he said its fast response could have helped stop the spread of oil, which can travel up to a mile an hour.

Meantime, Canadian Coast Guard Commissioner Jody Thomas said the Kitsilano base was primarily for search and rescue and would not have been called on to help in an emergency. The federal government unceremoniously shuttered the Kitsilano base in February 2013 to save $700,000 per year. It was one of Canada's busiest coast guard stations.

Toxopeus, who retired two and a half years ago, is speaking out due to his frustration at how the appointed commissioner has characterized the usefulness of the base.

RESPONSE

Canadian Coast Guard pleased with response

The Canadian Coast Guard is brushing off criticism and defending its response to the oil spill in English Bay.

Commissioner Jody Thomas said at a news conference Monday she is "enormously pleased" with the integrated response.

"The evidence speaks for itself — the water is clear, the beaches are getting cleaned," Thomas said, adding there is a negligible amount of oil left in the Burrard Inlet after an estimated 2,700 litres of fuel spilled from the MV Marathassa on Wednesday.

Beaches in Vancouver and the North Shore remain closed.

EMILY JACKSON/METRO

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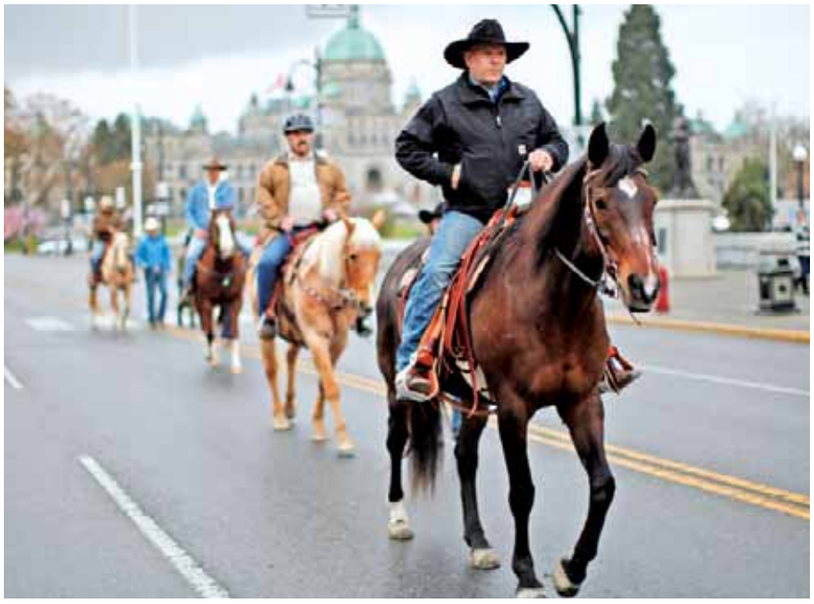

VETERANS COUNTRYWIDE RIDE FOR SOLDIERS
Paul Nichols, a former Calgary Highlander veteran, leads other veterans on his horse on a journey from B.C. Legislature in Victoria on Monday. The veterans saddled up for an epic cross-country trail ride that aims to include Canadians in the fight against post-traumatic stress, suicide and family strife within the military. CHAD HIPOLITO/THE CANADIAN PRESS

Duffy billed Senate for photos: Crown

POLITICS

Suspended senator's trial continues

Sen. Mike Duffy apparently billed the taxpayer to print and mount photos of his family, Barbara Bush and Bill Clinton as part of a contracting agreement he set up outside the scrutiny of Senate officials, court heard Monday.

Crown prosecutors began the second week of the Duffy trial laying out their case on a particular set of charges against the suspended senator involving contracts awarded to his friend Gerald Donohue.

Duffy faces 31 charges in total, of fraud, bribery and breach of trust. Donohue allegedly received $65,000 in contracts, with some of that money in turn filtering out to other service providers.

Documents filed in court show that Donohue's two companies, Maple Ridge Media and ICF Ottawa, sent $1,578 to a photo-developing company for work Duffy appeared to request.

"5 x 7 enlargement — (Miranda/Colin) (3 in original order + 5.25, 4 more 5 x 7 ordered Jun 13/11 by phone," reads one line item. Miranda is Duffy's daughter, and Colin is his grandson.

Duffy's daily diaries, filed in court last week, also include a reference to sending photos to Barbara Bush.

Several newspaper articles were also mounted. In a few instances, there appeared to be items that were specifically ordered for Duffy's wife Heather.

Crown prosecutor Jason Neubauer asked Senate human-resource officer Sonia Makhlouf whether she would have approved a request for a "photographic services" contract.

"I will not proceed with it and probably I will bring it to a higher level," Makhlouf said.

The Crown also suggested Duffy carefully juggled and squeezed his upper chamber office budget in order to pay the maximum amount possible to a friend doing contract work.

In 2009-2010, Duffy repeatedly adjusted the amount that he would pay to Donohue for "consulting and editorial services" after hearing how much was left in the budget. Ultimately, Donohue was paid an extra $14,000 at the very end of the fiscal year.

THE CANADIAN PRESS

ENERGY

Ontario puts a price on carbon

Three quarters of Canada's 35 million citizens will soon live in jurisdictions with a price on carbon after Ontario announced Monday it is joining Quebec and California in a cap-and-trade system that the federal government calls a "job-killing carbon tax."

Ontario Premier Kathleen Wynne and Quebec Premier Philippe Couillard signed off on the carbon trading market in Quebec City after Wynne had earlier announced the initiative in Toronto. They join B.C. and Alberta as carbon-pricing provinces.

"Call it carbon pricing, cap and trade, a market mechanism or — I believe it's misleading — but if you must, go ahead and call it a tax," Wynne said.

"Most of us will not be fooled because for most of us the label is not important. What's important is that we make progress."

The move upstages Tuesday's meeting in Quebec City of provincial and territorial leaders, who agreed last year to plot out a national strategy on energy and climate policy in the absence of federal leadership.

A report last week from a blue-chip panel of economists asserted carbon pricing is the most efficient and effective way to meet Canada's carbon-reduction goals — and that provincial governments were best situated to design their own programs.

The Conservative government, which ran on a platform in 2008 that included a cap-and-trade policy, nonetheless maintains any effort to price carbon is an economy killer.

THE CANADIAN PRESS

HOW IT WORKS

Buying and selling credits
Under a cap-and-trade system, businesses will have a greenhouse-gas quota and be able to sell credits to reward efficiency and innovation, Wynne said.

Companies that want to emit more carbon can buy credits from those who are able to reduce their carbon footprint. Money raised through the system will be reinvested in green technology and green infrastructure, the premier said.

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BLACKWATER

Ex-contractors get stiff sentences

A federal judge sentenced one former Blackwater security guard to life in prison and three others to 30-year terms for their roles in a 2007 shooting that killed 14 Iraqi civilians and wounded 17 others.

The carnage in Baghdad's Nisoor Square caused an international uproar over the use of private security guards in a war zone.

U.S. District Judge Royce Lamberth sentenced Nicholas Slatten, who witnesses said was the first to fire shots in the incident, to life on a charge of first-degree murder. The three other guards — Paul Slough, Evan Liberty and Dustin Heard — were each sentenced to 30 years and one day in prison for charges that included manslaughter, attempted manslaughter and using firearms while committing a felony.

THE ASSOCIATED PRESS

Blackwater guards, from left, Dustin Heard, Evan Liberty, Nicholas Slatten and Paul Slough. THE ASSOCIATED PRESS

TULSA COUNTY

U.S. officer charged with manslaughter

Prosecutors charged a white reserve police officer with manslaughter Monday in the death of a black man who was fatally shot as he lay on the ground at the officer's feet.

Tulsa County prosecutors filed a second-degree manslaughter charge against 73-year-old Robert Bates, the latest shooting of an African-American by a white police officer to draw scrutiny. Police treatment of minorities has become a major issue in the U.S. after the killings of unarmed black men in Ferguson, Missouri, New York City and recently South Carolina.

A police investigator has said Bates thought he drew a stun gun, not his handgun, when he fired at 44-year-old Eric Harris in the April 2 shooting.

Bates is charged with second-degree manslaughter "involving culpable negligence," Tulsa County District Attorney Steve Kunzweiler said in a statement.

A video of the incident shot by deputies with sunglass cameras and released Friday at the request of the victim's family, shows a deputy chase and tackle Harris, whom they said tried to sell an illegal gun to an undercover officer. As the deputy subdues Harris on the ground, a gunshot rings out and a man says: "Oh, I shot him. I'm sorry."

THE ASSOCIATED PRESS

WHITE HOUSE SEN. MARCO RUBIO TELLS TOP DONORS HE IS RUNNING FOR PRESIDENT In this March 30 file photo, U.S. Sen. Marco Rubio appears on The Five television program on the Fox News Channel in New York. Rubio, the young Florida senator who has been a favourite of the conservative tea party movement, on Monday took on Hillary Rodham Clinton in his first words as a presidential candidate. Rubio, 43, told top donors he is running for the Republican nomination because the 2016 race for the White House should be about the future, not the past. RICHARD DREW/THE ASSOCIATED PRESS

Boko Haram destroys childhoods: Report

UNICEF FINDINGS

Published one year after mass kidnapping of schoolgirls

The children's drawings show men with guns, a coffin, a car exploding. One picture has stick-like figures of eight siblings missed by their teenage sister.

The disturbing images come from some of an estimated 800,000 children forced from the homes by Boko Haram extremists, according to a UNICEF report published Monday.

It says the number of refugee children has doubled in the past year, making them about half of all the 1.5 million Nigerians made homeless in the Islamic uprising.

"Children have become deliberate targets, often subjected to extreme violence — from sexual abuse and forced marriage to kidnappings and brutal killings," the report says. "Children have also become weapons, made to fight alongside armed groups and at times used as human bombs."

The nickname of Nigeria's home-grown Islamic extremist group, Boko Haram, means "Western education is forbidden" or sinful.

One picture in the UNICEF report shows stick figures of the eight siblings missed by Rita, a 14-year-old living in a refugee camp in neighbouring Chad with her mother, father and one younger sister. They became separated when Boko Haram attacked the Nigerian town of Baga, and she knows how worried they must be.

"When you have your mother around, you (are) not worried about anything. But if she is missing ... you are worried the whole time," the report quotes Rita as saying.

The report was published ahead of the first anniversary of the mass kidnappings the night of April 14-15, 2014, of nearly 300 schoolgirls from Chibok.

THE ASSOCIATED PRESS

10.5M

The number of children absent from primary school in Nigeria has increased from 8 million in 2007 to 10.5 million — the highest figure in the world, it says. Boko Haram has targeted schools, destroying or severely damaging more than 300 and killing 314 students and 196 teachers, UNICEF says.

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Three hotels share the same building in New York City. Holiday Inn Express and Candlewood Suites are Intercontinental Hotels Group brands, while Hampton Inn is a Hilton brand. The 10 largest hotel chains offer a combined 113 brands. THE ASSOCIATED PRESS

Travellers confused by too many brands

HOTELS

Big chains try for boutique image to lure millennials

Today's traveller faces a bewildering choice of hotel brands with similar-sounding and confusing names. The world's 10 largest hotel chains now offer a combined 113 brands at various price points; 31 of those brands didn't exist a decade ago.

Thanks to high occupancy levels and cheap interest rates, developers are scrambling to build new properties. At the same time, hotels are trying to lure a new generation of travellers in search of authenticity. They want unique and hip places to sleep, not cookie-cutter facsimiles of hundreds of other hotels.

These so-called lifestyle hotels are the hot, new area for growth. They are designed to attract millennials: travellers between the ages of 18 and 34 who, hotels say, aren't interested in marble bathtubs but might enjoy beanbag chairs.

> **The Internet has driven people to more niches. Everything is more segmented**
> Best Western CEO David Kong

"The big hotel chains are in the business of pretending they aren't big chains. They want you to think they are boutiques," says Pauline Frommer, editorial director for Frommer's, the travel guide company founded by her father.

"The Internet has driven people to more niches. Everything is more segmented," says Best Western CEO David Kong. "Our six brands are actually six different needs."

THE ASSOCIATED PRESS

IN BRIEF

Mobile payments now under credit-card code

The code of conduct that governs credit- and debit-card transactions is being extended to apply to mobile payments as well, Finance Minister Joe Oliver said Monday in Toronto.

The new rules also say mobile users must be given full control of the default settings on their virtual wallets, Oliver said. Other additions include a requirement that savings from reduced fees be fully passed on to merchants.

THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Tuesday, April 14, 2015

the big number

$8M

A new study suggests that if all the 12-year-old boys in Canada had been vaccinated against HPV in 2012, between $8 million and $28 million might have been saved because of oropharyngeal cancers averted in that group. Currently only Prince Edward Island and Alberta offer HPV vaccine to boys as well as girls, with Nova Scotia announcing Friday it will follow suit in the fall. The Canadian Press

Transit funding situation becoming unsustainable

YOUR RIDE
Karen Quinn Fung

One month into the voting period for the plebiscite on the regional congestion-improvement sales tax for Metro Vancouver, there remains one story about why new funding for transit matters that is glossed over at best and mostly ignored at worst.

It's not mentioned at all on the mail-in ballot or in Elections BC's information pamphlet describing the road and transit improvements in the plan. It's not even alluded to — even though it is probably one of the biggest hurdles this proposal can help our region overcome.

It's understandable; it's a little wonky and thus sleep-inducing for most. It's the story of how and why our existing methods of funding transit are not working. Not only for the Mayors' proposal, but even for maintaining the level of transit service that we have now.

Let's look at what TransLink's three biggest sources of funding are: fares and advertising revenue; gas tax; and property tax.

Fares. We could raise them, but that is at odds with the bigger mission of public transit. Higher fares reduce ridership among those who arguably need transit the most. How much and how often they can be raised is controlled by legislation. The proposal accounts for growth in fare revenue from ridership increases and hikes. It's significant but nowhere near the kind of investment that is needed.

What about gas tax? Revenues from the gas tax have been declining and projected to be unreliable. There are two big reasons for this: people driving less, either due to high gas prices or the ability to displace driving with transit; and more people opting for more fuel-efficient vehicles. Those put TransLink in a double-squeeze: there's higher demand for service, and TransLink gets less money to put toward actually delivering it.

> **It's not even alluded to.... The story of how and why our existing methods of funding transit are not working.**

And property tax? Revenue from property tax grows at a level defined in law — to a maximum increase of 3 per cent per year. But as the Mayors' Council proposal explains, with new people moving into the region (at a rate of 2 per cent a year) contributing their share, the actual resulting increase we see on our annual tax bills is much less. Inflation then eats further into what TransLink can actually get when spending on the things that make the system go.

If you imagine all property-tax revenue as a pie, that pie is growing from year to year — but as more of us sit at the table, the purchasing power of those pieces associated with each of us, in real terms, are shrinking.

So when people point out that a No vote is not a vote for the status quo, this is why — because the status quo is already changing. A Yes vote is our chance to change with it.

Karen Quinn Fung writes on sustainable transportation issues and policy. Find her @counti8 on Twitter.

ROSEMARY WESTWOOD

metroview

Hillary more status quo than feminist champion

There's a 1969 photo of Hillary Clinton in her university years, leaning back in her chair, looking a little badass in gaudy striped pants, one hand clasping a pair of round glasses.

She's mid-sentence, a slight smile.

"Let me tell you how it is," I imagine hearing her drawl.

It's the most appealing image I've ever seen of Clinton. She's young, yes, and in control rather than on guard. She has energy, suspense. I want to know what's next.

It's the opposite of the Clinton in Sunday's presidential announcement video, the Clinton who awkwardly compares her campaign to the lives of ordinary Americans (one woman, we learn, is planting tomatoes).

No, I'm not feeling any feminist love. I'm more like, "Do I have to?"

Because even if she makes history, it's unlikely she'll make life much better for women in the U.S. or elsewhere.

Sure, it's time for a woman to lead the world's most powerful country. It's long been time, and it's now well past time.

Clinton's even embracing her womanhood this time, we're told, championing the women's issues she's advanced (like women's and girls' rights in foreign policy).

But there are no surprises in that video. It's about as politically galvanizing and feminist as a car commercial.

I'd rather be watching the Clinton of the 1992 cookie comment video, because women are still fighting to get out of the proverbial kitchen. (Ask yourself: who cleans up the office dishes?)

"I could have stayed home and baked cookies and had teas, but what I decided to do was fulfill my profession," Hillary told media. Hear, hear, Hillary! Though to modernize the message: I choose both!

I can't fault Clinton for appearing weathered by the decades since, the building of presidential-worthy experience as a political operative, senator and secretary of state.

But she's become the status quo, a woman version of any Democratic president, not a feminist champion.

Little girls might look up to her, but "I don't want to put the expectation on Hillary to be a different president than an establishment big party product," noted Elizabeth May (a Clinton friend).

Plus, there's no guarantee others will follow (see Margaret Thatcher in the U.K., where women are only 23 per cent of lawmakers).

The Clinton Foundation's own report (released yesterday) shows women's advancement in politics has been dramatically stalled. In Canada, women fill one quarter of federal and provincial seats.

So I'm not going to fawn too hard over Clinton. I've got to save my energy. I'm 29 and I have a lot more living in a man's world to do.

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Usher, Common, No Doubt to headline will.i.am's Earth Day rally and concert

Mosh pits and wet kisses

Among the emerging artists who played at the Coachella festival's final day were the Danish electro-pop singer MØ, who overcame technical problems to deliver an impassioned set in which she twice went crowd-surfing, and the Welsh-born pop singer Marina and the Diamonds, who had a giant crowd singing along to her advice song, How To Be a Heartbreaker.

Stromae Belgian singer Stromae, a sensation in the French-speaking world, delivered a riveting performance of his danceable yet intelligent pop tunes.

In an unusual scene for a non-English-language artist, hundreds of U.S. fans sang along as best they could with Stromae on songs such as Papaoutai with its refrain — Papa, ou t'es.

The song, which like much of Stromae's work brings in African musical influences, revolves around his absent father who died in the 1994 Rwandan genocide.

Stromae showed a flair akin to theatre acting as he kept the crowd engaged over a 50-minute set.

For Formidable, about a boozy catharsis after heartbreak, Stromae pretended to be stumbling drunk and had his bandmates carry him off stage.

Stromae — whose album Racine Carrée was the top seller in France in 2013 and again in 2014 — has been rising in popularity in the U.S. and will play at New York's Madison Square Garden in October.

Desaparecidos Rebelling against the frivolity that surrounds so much of Coachella, Conor Oberst's reunited punk band the Desaparecidos brought to the festival an ear-splitting rage on the course of modern America.

Oberst, best known as the force behind Bright Eyes, emerged in the late 1990s as a beacon of emotional awareness for a generation of sensitive youth.

But as the frontman of the Desaparecidos, he also delivered a blistering critique of consumerism and Bush-era foreign policy on the band's 2002 album Read Music/Speak Spanish.

The Desaparecidos will release a second album, Payola,in June that updates the anger by a decade.

Songs include MariKKKopa, a furious indictment of Arizona's campaigns against undocumented immigrants, and Anonymous, a tribute to jailed WikiLeaks source Chelsea Manning.

The Desaparecidos played from both albums at Coachella, although the uninitiated likely missed the lyrics as the band defiantly cranked up the bass so high that many in the audience stuck fingers in their ears.

Oberst also offered one of the few allusions at Coachella to California's drought — easily forgotten amid the festival's green lawns and water spray guns — as he dedicated his final song to the desert area's "useless golf courses."

AFP

MØ crowd-surfs in the audience during Day 3 of the 2015 Coachella Valley Music & Arts Festival this past weekend. ALL PHOTOS GETTY

MADONNA-DRAKE KISS

Madonna startled tens of thousands by making out with Drake in an unexpected climax to Coachella. The pop superstar was not scheduled to appear at the festival but walked on stage Sunday night as Drake performed a song named after her — in which the rapper boasts that he can get with a girl as big as Madonna.

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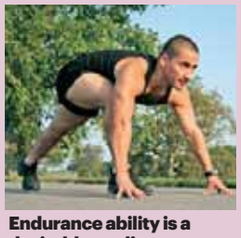
RUNNING MATE

Distance running may have evolved as desirable male trait, research says

Men with strong reproductive potential tend to be better at distance running, according to a new study from the University of Cambridge published in the journal PLOS One. In the hunter-gatherer age, females likely judged potential mates by their ability to run, an indicator of being able to provide well.

"The observation that endurance running ability is connected to reproductive potential in men suggests that women in our hunter-gatherer past were able to observe running as a signal for a good breeding partner," says lead author Dr. Danny Longman. AFP



Endurance ability is a desirable quality. ISTOCK

Comfort goes the distance

FITNESS

Ways to recover after a marathon

For those preparing to run a marathon in the coming days or weeks, it's not too soon to start planning the recovery period. Plenty of rest, water and healthy food are among your best allies after an endurance run.

Drink up

Marathon runners can lose up to five per cent of their total body weight during the race, or around four to five litres of fluids on average.

To avoid dehydration and help the body replenish its reserves, be sure to drink plenty of fluids during the hours after you cross the finish line, whether you prefer water, fruit juice or sports recovery drinks.

While it may be tempting to celebrate with a beer, alcoholic drinks are best avoided in the days following the race, as your liver is already working overtime to eliminate toxins.

Magdalene Masai of Kenya competes in the Women's 3000 Metre Steeplechase during the IAAF Melbourne World Challenge last month. GETTY IMAGES

Soothe aches with heat

To aid the recovery of the muscles and tendons that carried you across the finish line, don't hesitate to apply heat packs to your legs. Hot baths, saunas and warm massages are also excellent for relaxing the body and the mind after the intense effort of an endurance race.

Watch what you eat

The post-marathon diet plays several key roles in aiding recovery. Eating plenty of protein and dairy can help the body repair damaged muscle tissues and rebuild its reserves of various nutrients lost during the race. Certain fruits and vegetables, meanwhile, can aid in the elimination of the toxins and waste produced during the intense effort. Finally, slow-burning carbs will help the body restore its energy reserves. Avoid the temptation of overdoing it after the race, as your digestive system is likely also still recovering.

Take it easy

After months of training and hours of pounding the pavement, you've certainly earned a break. Experts recommend taking at least five to 10 days off from any form of intensive exercise after a marathon in order to give the muscles and tendons plenty of time to recover. When you decide to train again, start off slow with gentle exercise such as walking, swimming or biking. Finally, when you feel ready to run again, limit yourself to around 30 minutes per session over the course of a few weeks.

Most importantly, during the days and weeks after a marathon, be sure to listen to your body. Every athlete is unique, and the best thing you can do for your physical and mental recovery is to remain attentive to your individual needs. AFP

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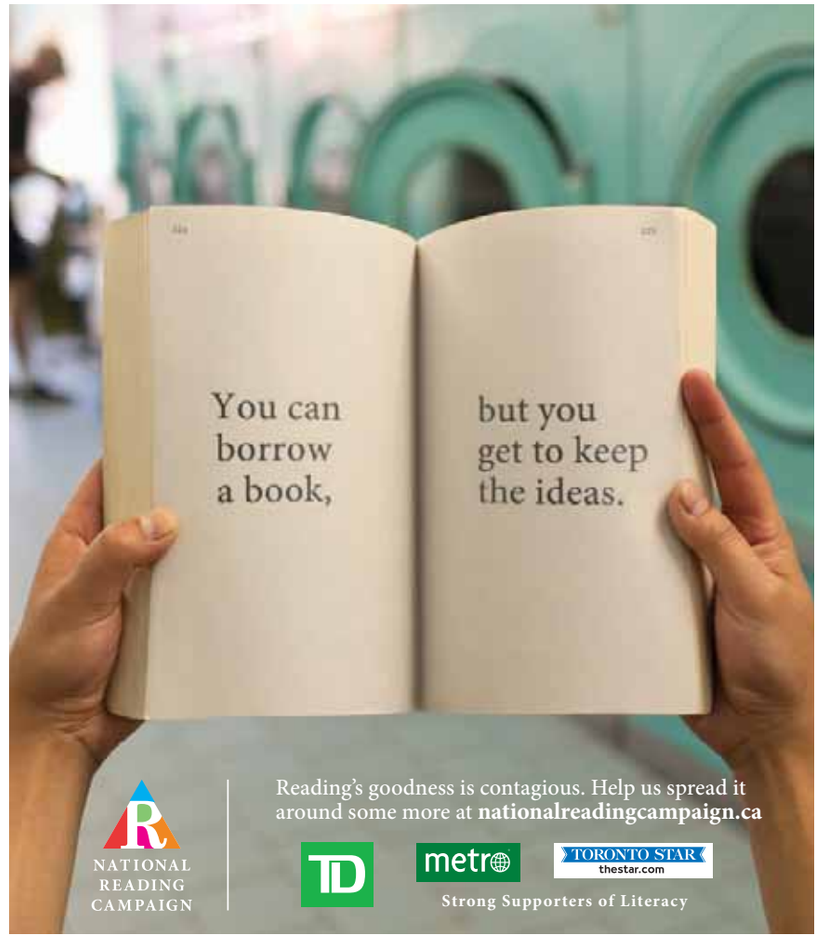
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PREGNANCY

Egg freezing not the fertility panacea it's touted to be

Women who are considering having their eggs frozen to prolong fertility should be aware there's no guarantee they will have a baby, despite spending thousands of dollars on the retrieval procedure and storage, researchers say.

In an analysis published Monday in the Canadian Medical Association Journal, the researchers say primary-care doctors need to counsel women that so-called social egg freezing isn't insurance against future infertility and point out the high cost and medical risks of in-vitro fertilization.

"It's really getting marketed like it's a backup plan, it's insurance," said lead author Angel Petropanagos, a post-doctoral fellow at Dalhousie University. "The problem is that the success rate isn't really that great. It's not guaranteed, so you can spend all this time, energy and money investing in egg freezing and think you're covered, and when it comes down to it 10 years down the line, the IVF won't result in a live birth," she said.

Egg freezing has been used for some time to preserve fertility in young women and girls treated for cancer, for instance.

The pregnancy rate using frozen and thawed eggs is only 4.5 per cent to 12 per cent. ISTOCK

But more women who are delaying motherhood to build a career or who have not yet met a suitable partner are also electing to cryo-preserve their ova.

Females are born with all their eggs, or oocytes, but over time they begin to diminish in number and degrade in quality. To protect or preserve fertility, a number of eggs can be retrieved following hormonal stimulation of the ovaries, then flash-frozen and stored. In Canada, each stimulation cycle costs $5,000 to $10,000, with annual storage fees ranging from $300 to $500, depending on the clinic.

In October, the Canadian Fertility and Andrology Society released a position paper on egg freezing, describing it as "an option for women wishing to preserve their fertility in the face of anticipated decline." That contradicted a position statement by the American Society for Reproductive Medicine and the American Society for Assisted Reproductive Technology (ASRM-SART), which cautioned against the practice.

Petropanagos said the U.S. statistics show the IVF pregnancy rate using frozen and thawed eggs is only 4.5 per cent to 12 per cent — and that's primarily among women who had their ova preserved before age 30.

THE CANADIAN PRESS

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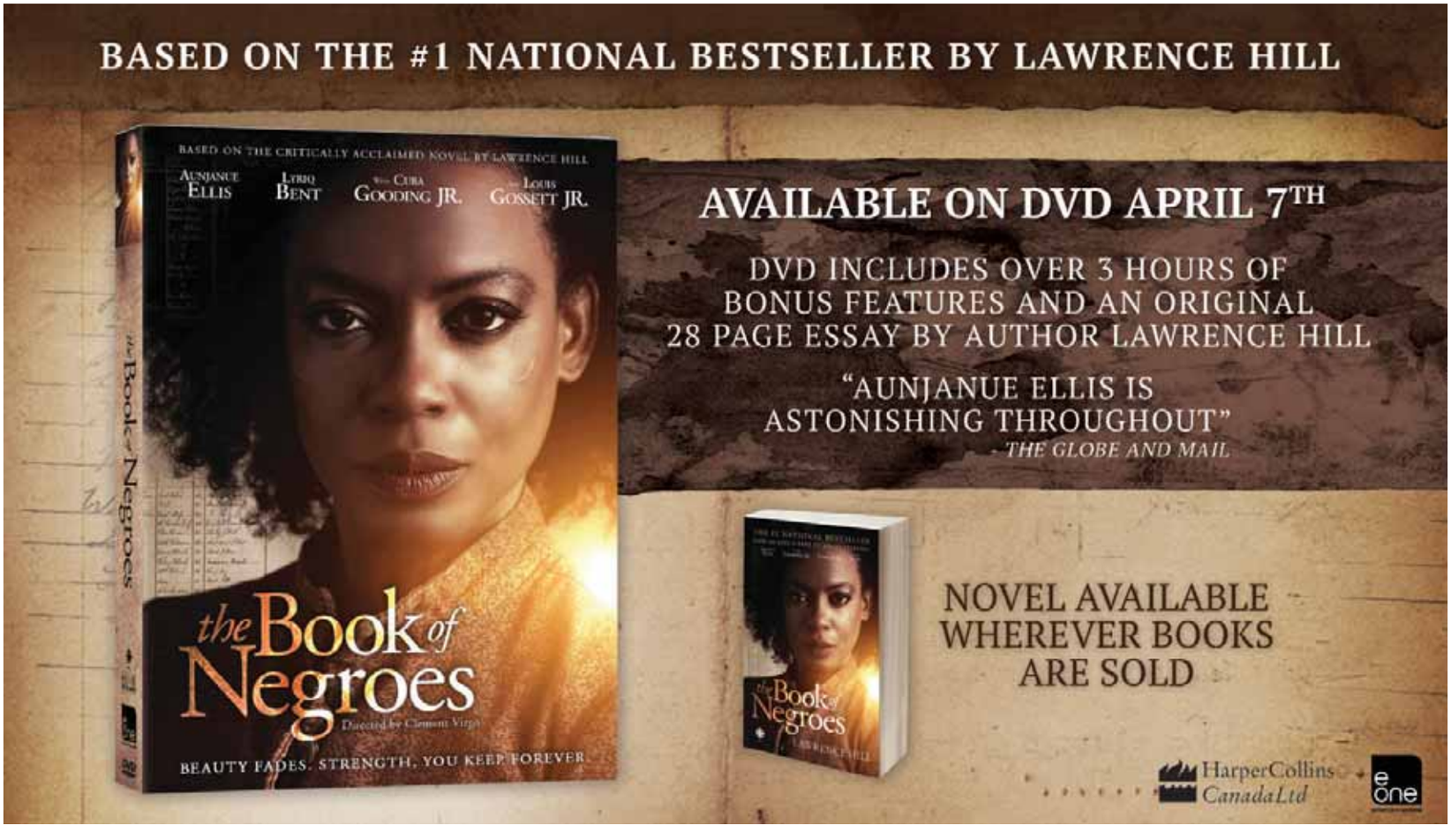
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Learning Curve
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Inaugural winner

CMOLIK PRIZE

Surrey Schools use innovative digital portfolios in education

Daniel Hendriksen
For Metro

The Surrey School District (Surrey Schools) was recently named the inaugural winner of Simon Fraser University's (SFU) Cmolik Prize. The $50,000 award was presented to Surrey Schools for its innovative use of digital portfolios in education.

A nine-person panel of judges chose the winner for its innovation and success in the implementation of a new approach to student assessment. Designed to allow students to become more immersed in learning and improving, the revolutionary assessment methodology also draws in parents and teachers by having them monitor and support student progress in real time through digital or e-portfolios.

One of the key individuals behind the project is Robyn Thiessen, a teacher at Green Timbers Elementary School. She and eight other Surrey educators began researching the idea through an online tool called FreshGrade three years ago.

"As a student's learning presents itself, a teacher captures it through photos, video and notation toward populating a student's e-portfolio," Thiessen said. "FreshGrade's compilation of information is shared with parents who review it with their children. The goal is to engage and empower both, while extending learning and support beyond the classroom."

Robyn Thiessen was a co-author for the winning entry in Simon Fraser University's Cmolik Prize contest. CONTRIBUTED

Now implemented from kindergarten to Grade 9 at 35 schools, the program is so successful that the Surrey School District has been receiving inquiries about it from all over North America.

Co-authors for the winning entry of the Cmolik Prize were: Thiessen, Green Timbers Elementary Grade 3 teacher; Jordon Tinney, superintendent of schools; Elisa Carlson, director of instruction, education services; Dan Turner, director, information management services; and Antonio Vendramin, principal, Cambridge Elementary.

CAPER-BC RECEIVES FINANCIAL BOOST

The Centre for Accessible Post-secondary Education Resources B.C. (CAPER-BC) ran by Langara College, recently received a nice financial boost. The B.C. Ministry of Advanced Education (AVED) allocated $100,000 in order to support the delivery of short-term training aligned with B.C. Skills for Jobs Blueprint.

CAPER-BC will use the funds to increase its capacity to produce accessible materials in trades and math, to conduct further user testing of open textbooks to ensure accessibility, and to create new trade materials using the principles of universal design.

CAPER-BC is a service that is run through Langara College. The program is designed to provide accessible learning and teaching materials for those who cannot use conventional print because of disabilities. CAPER-BC serves 20 post-secondary institutions across the province.

To learn more about CAPER-BC, visit caperbc.ca.

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VANCOUVER & RICHMOND CAMPUSES

JIBC launches five-year plan

A strategic plan was recently unveiled by Justice Institute of British Columbia (JIBC). The public safety educator is looking ahead to the next five years with a strategy that focuses on building upon its current strengths, as well as training and applied research.

The institute's new direction was approved by its board of governors in February, and was recently unveiled to stakeholders, faculty, staff and students. The vision is outlined by four key priorities: Be relevant and impactful; increase engagement and awareness; create exceptional environments; and be effective and accountable.

"I am confident that our new strategic plan will meet our vision of safer communities and a more just society," said JIBC board chair Doug Eastwood, Q.C. "Extensive stakeholder consultation was invaluable in determining how JIBC will expand its readiness to serve our students, stakeholders and partners and develop dynamic justice and public safety professionals."

In addition to the four main priorities, JIBC is committed to the following goals and tasks: Offering focused, specialized, and applied education, training and research across economic sectors that reflect labour market and educational needs and trends; increasing learning opportunities across the province through collaboration with post-secondary institutions, communities and other organizations; increasing inter-professional applied training, education and research; expanding stakeholder engagement and actively market programs and capabilities; cultivating outstanding working and learning places; and enhancing organizational effectiveness and expanding public accountability.

"The direction of this strategic plan builds on the success and groundbreaking work of our staff, faculty and graduates," said JIBC president and CEO Dr. Michel Tarko.

The five-year plan comes after JIBC held an 18-month consultation process that included input from staff, faculty, students, stakeholders and partners. DANIEL HENDRIKSEN

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Summer camp returns

Daniel Hendriksen
For Metro

Students in grades 8-11 are eligible to register for the Simon Fraser University Aboriginal summer camp, which takes place on Burnaby Mountain from July 2-27. CONTRIBUTED

The Simon Fraser University (SFU) Aboriginal summer camp is returning for another year. The camp affords young Aboriginal students the opportunity to get a head start on their studies in a fun environment.

Students in grades 8-11 are eligible to register for the event, which takes place on Burnaby Mountain from July 2-27. Up to 25 students will be accepted to the camp, where they will attend daytime classes and engage in a variety of activities aimed at preparing them for future career opportunities.

According to Veslin Jungic, a math professor at the camp, organizers hope to see more Aboriginal student participation, retention and an increase in high school graduation rates by providing a more solid foundation in mathematics, science and English.

"Students need to be successful in these subjects if they want to acquire a post-secondary education. This camp provides an opportunity for students to improve critical academic knowledge, gain self-confidence and experience a university setting. I have been told that it is a life-changing experience for many of the students."

The camp is organized and supported by the Pacific Institute for Mathematical Sciences, the SFU faculty of science, the SFU office for Aboriginal Peoples, the IRMACS Centre, and the SFU department of mathematics. The deadline for registration is April 27.

PARTNERSHIP PROMOTES MOBILITY

Thanks to a new partnership between the British Columbia Institute of Technology (BCIT) and Southwest University in China, up to 16 scholarships have been made available, which will make transferring studies easier for students at both schools.

During a recent visit to China, Advanced Education Minister Andrew Wilkinson signed a deal that promotes student mobility, study in B.C., and attracts international students to engineering, IT, and vocational programs in our province.

"These scholarships will open up new opportunities for students in B.C. and China," Wilkinson said. "Everyone benefits from the cultural diversity international students bring to our campuses and communities, and from the global experiences and skills B.C. students gain by studying in other countries."

Within the realms of the new partnership, students may receive $2,500 to $5,000 for each year of study at Southwest University or BCIT. The government of British Columbia, BCIT and Southwest University are each contributing $25,000 to make the scholarships possible.

Southwest University is recognized as one of the top-50 post-secondary institutions in China. It has partnered with BCIT on curriculum development and exchanges for students and faculty since 2009 through the Confucius Institute at BCIT.

Kathy Kinloch, president of BCIT, says her school is proud to build upon its relationship with Southwest. "BCIT is proud to welcome students from Southwest University. BCIT appreciates the support from the B.C. government and the partnership with Southwest University, a partnership that will enhance student mobility between both countries."

Deal boosts number of scholarships

A new deal between Simon Fraser University (SFU) and China's Zhejiang University (ZU) was signed during British Columbia Minister of Advanced Education Andrew Wilkinson's recent trade mission to the Asian nation. CONTRIBUTED

A new deal between Simon Fraser University (SFU) and China's Zhejiang University (ZU) was signed during British Columbia Minister of Advanced Education Andrew Wilkinson's recent trade mission to the Asian nation.

The agreement will see 16 new scholarships, valued at $5,000 each, support students in the dual degree computing science program that SFU and ZU have been running since 2005. The British Columbia-Zhejiang Excellence scholarships will be handed out annually for the next four years. Two Canadian students studying at ZU and two Chinese students studying at SFU will receive the funds in each of the four years.

SFU president Andrew Petter and applied sciences dean Nimal Rajapakse accompanied Wilkinson to China to sign an agreement to renew the award-winning program offered by SFU and ZU.

"For almost 30 years, SFU has been building educational partnerships and research collaborations in China," Petter said. "As Canada's 'Engaged University,' we remain committed to pursuing mutually beneficial opportunities in China that help strengthen B.C.'s ties to the region."

SFU and ZU are two of the world's top-50 computer science universities, and their collaboration received two awards for excellence in international education: In 2013, it won the Canadian Bureau for International Education Panorama Award for outstanding international education program; and in 2012, the program was honoured with the British Columbia Council for international education outstanding program award.

Simon Fraser University and the province of B.C. are each contributing $40,000 to help make the scholarships possible.

Zhejiang University, located in Hangzhou, is a national university in China that was founded in 1897, making it one of China's oldest institutions of higher education.

DANIEL HENDRIKSEN

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Deal deepens relationship

Daniel Hendriksen
For Metro

In an effort to make student exchanges between the University of British Columbia (UBC) and some of China's top institutions for research and learning easier, the two sides recently signed a new deal. The memorandum of understanding (MOU) was agreed upon by UBC and China's Chongqing Municipal Education Commission.

The result of the MOU is the Chongqing-UBC higher education exchange scholarship program, which will see up to 90 graduate and undergraduate students transfer between Chongqing universities and UBC per year for the next three years. All students involved will receive a $5,000 scholarship to cover travel, tuition, living expenses and lab fees.

The first of the scholarships is expected to be handed out in 2016.

UBC and the Chongqing Municipal Education Commission will each contribute the same amount of money toward the program. To start, UBC, the B.C. government and Canadian not-for-profit Mitacs have dedicated $225,000. A total of $1.19 million has been committed for the three-year duration of the MOU.

"This program will deepen UBC's substantial relationships in China, providing both Canadian and Chinese students with valuable academic and cultural opportunities," said UBC president Arvind Gupta.

"These awards will support students as they create the academic, business and personal connections of a lifetime," B.C. Advanced Education Minister Andrew Wilkinson said at the memorandum signing. "Our education partnerships build on the excellence that makes B.C. a top destination for students around the world."

A recent deal between UBC (pictured) and China's Chongqing Municipal Education Commission, will see up to 90 graduate and undergraduate students transfer between Chongqing universities and UBC per year for the next three years. CONTRIBUTED

FUNDS WILL CREATE 10 SCHOLARSHIPS

A memorandum of understanding (MOU) was recently signed between Langara College and China's Maple Leaf Educational Systems (MLES). The deal will see a $50,000 scholarship program that is designed to assist MLES graduates in their pursuit of post-secondary education at Langara.

The MOU was signed in Chongqing, China, by Langara president Dr. Lane Trotter and MLES founder and chairman Dr. Sherman Jen. B.C. Minister of Advanced Education Andrew Wilkinson was also on hand at the signing, as he was in China on a trade mission to promote B.C.'s priority sectors including education, digital media, clean technology and life sciences.

The funds involved will create 10 scholarships of $5,000 each, with Langara and the province of British Columbia jointly footing the bill.

"Langara's relationship with Maple Leaf has provided a platform for hundreds of high-quality students to pursue their post-secondary education in B.C. and to find great success," Trotter said.

"We are proud to formalize the partnership between our institutions and excited to reward these excellent students with a remarkable scholarship opportunity. Many thanks to Minister Wilkinson and the ministry for their support."

The partnership signing coincided with MLES' 20th anniversary. The organization was founded by Jen in 1995 with just 14 students. At the time, it was the only Canadian offshore foundational education school in China. Today, MLES services more than 15,000 students.

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Work by dental technicians is highly sensitive and requires the utmost attention to detail, which is why textbook learning is not enough. Through state-of-the-art on-campus labs, students will be able to develop and hone their skills prior to entering the workforce.

"Hands-on practical training is better because it prepares you for situations that arise in which no traditional textbook methods can," says CDI College graduate Nikki N.

As part of the curriculum, students will also partake in multiple practicum placements, where they can observe lab procedures, as well as acquire direct work experience building dental appliances and more.

"My career choice has changed my life by giving me a purpose — a career instead of just a job," says graduate Allison E. "I would recommend this program to anybody who is looking to start a career in the field."

For more information, please visit study.cdicollege.ca or call 1-800-360-7186.

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*Source: jobbank.gc.ca

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Horticultural students receive awards

Daniel Hendriksen
For Metro

Kwantlen Polytechnic University's (KPU) Surrey campus hosted the institution's annual school of horticulture scholarships and awards celebration in late March. The event saw more than $60,000 in scholarships awarded to 62 students.

Students who received awards study in a range of subjects, such as landscaping, greenhouse production, urban ecosystems and turf grass management, with many of the scholarships sponsored by the horticulture industry. Award winners were recognized for a variety of criteria, including excellence and ambition across various criteria, including program achievement, community service and industry career goals.

In addition to winning scholarships, the event gave KPU students a chance to connect with industry professionals and potential future employers. Approximately 150 students, donors and KPU representatives attended the event.

"Part of the horticulture community that fosters excellence are the industry members and donors who give their time and funds to nurture the growth of leaders in the field of horticulture," said Dr. Elizabeth Worobec, dean of the faculty of science and horticulture. "As we celebrate our students' successes, we also celebrate the donors for their continued support and enthusiasm for the future of horticulture."

KPU offers a variety of horticulture-related courses, including B.C. pesticide applicator certification, introduction to sustainable horticulture, introductory equipment maintenance, introduction to landscape practices, turf maintenance operations, introduction to plant materials, forest seedling production, foundations of plant health and sports turf management practices, to name a few.

For more information on the KPU horticulture department, visit kpu.ca/science-hort.

Patrick Burns, KPU horticulture instructor, left, Dr. Elizabeth Worobec, dean of the faculty of science and horticulture, and Lekeyten, KPU's elder in residence, are shown at KPU Surrey for the annual school of horticulture scholarships and awards celebration. CONTRIBUTED

EVENT AIMS TO END VIOLENCE AGAINST WOMEN

With ending violence against women as the goal, Kwantlen Polytechnic University (KPU) recently hosted an educational event that featured the Network to Eliminate Violence in Relationships (NEVR).

The symposium was entitled It's Your Call and featured a panel of experts, who led a discussion on what the public can do to help in a violent situation as opposed to being a bystander. A play was also part of the symposium, which provided information on the steps that occur from the time a woman calls 911, up to deposition and probation.

"NEVR brings members together to learn from each other and create action strategies," said NEVR facilitator Dr. Balbir Gurm, who is also a nursing faculty member at KPU. "This year, we used different media, a play, to try to help understand the role of different personnel who deal with emergency domestic violence calls."

"Domestic violence and violence against women are issues that affect us all, which is why government worked with its anti-violence partners to develop the Provincial Domestic Violence Plan and the Violence Free B.C. Strategy," said Minister of Children and Family Development Stephanie Cadieux. "Following up on one of NEVR's suggestions, we recently launched the #SaySomething campaign (saysomethingbc.ca), which provides information and practical resources for victims and those who want to safely help others."

Unfortunately, the rates of violent relationships are not decreasing. In fact, the direct costs of medical and social services, court costs, lost income and indirect costs of pain and suffering of violence in relationships is $151.9 billion in Canada each year.

METRO CUSTOM PUBLISHING

Demand for health-care professionals increasing

Learn skills at Vancouver Career College

As Canada's aging population increases, so does the demand for well-trained nurses who possess the knowledge and experience to provide consistent health care.

Aside from having a genuine interest in the well-being of others, nurses also possess the knowledge and skills to help them make quick clinical judgments while providing consistent health care, all of which derive from high-quality training.

At Vancouver Career College, practical nursing classes are designed to provide a more focused learning environment so students can have more interaction with instructors, addressing any questions they may have easily and immediately.

"Small class sizes are very important," says Kam S., a practical nursing graduate. "When you have a small class, your teacher can spend much more time with each individual student and teach them."

Students are trained on the fundamental and technical aspects involved in their field, as well as how to provide reliable patient care, which only comes with real-world experience. To do this, the college's programs include multiple clinical placements so students can integrate their knowledge and apply their skills in a medical setting, gaining real-world experience.

Vancouver Career College is accepting applications for the practical nursing program.

For more information, please visit study.vccollege.ca or call 1-800-993-4086.

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VANCOUVER CAREER COLLEGE

One-stop shop for continuing studies

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When it comes to continuing education in Vancouver, Langara College is the place to be, especially now that it has taken over the Vancouver School Board's continuing education course offerings.

In one day, that merging of programs under the Langara banner served to add more than 200 courses and night school offerings to Langara continuing studies.

"With the acquisition of the Vancouver School Board's operations, we are now the one-stop shop for continuing studies," says Dan Thorpe, Langara's dean of continuing studies. "We were the largest; the VSB was the longest-running program, and together it allows us to offer a wider range of more personal-related development programs."

Langara previously focused on professional development and certification-based courses, including project management. With the addition of the VSB programs, the school can offer a wide variety of courses that cater to personal and/or professional growth interests.

"The focus for all of that is for the personal and professional development to enhance career goals and personal interests," he says.

But it's not just the quantity of courses that sets Langara apart — it's the quality of the education. Combined with the understanding that comes from an exclusive dedication to lifelong learning, Langara has the expertise to help students from all walks of life — from young students beginning their studies, to mature students looking for career changes, and retirees looking to embrace their passion for learning.

"In the continuing studies department, this is all we do," Thorpe says. "We haven't decentralized; we're not a part of other areas, we're a separate division that has continuing studies as its one focus.

"We are really aware and understanding of the needs that adult learners have and we can provide a lot of support and information."

And what better place to get that information than straight from the source?

"One of the things that really sets us apart is that the co-ordinators for each area are really subject matter experts," Thorpe says. "The phone numbers are in the course catalogue and on the website — you can call and get a real, live human being, or talk to the program's co-ordinator."

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Summer course registration is underway, with classes beginning May 2. Applications are being accepted for the registered massage therapy program, which begins in September. For more details, visit langara.bc.ca/cs.

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But in an increasingly competitive marketplace, it's smart to keep all your options open — your skill set may also be in demand in the fields of business development and sales. And the New York Institute of Technology can help you get there.

"At NYIT we have many resources at your disposal," says Faisal Khan, a NYIT representative. "Soft skills are crucial in any role, but when it comes to sales, you have to go above and beyond and have top-notch people skills.

"The Capstone Project in the last semester allows our students to practise a wide range of soft and technical skills, including your pitching skills to a suite of top-level executives at well-known organizations."

MBA candidates are increasingly diverse and draw from a much broader background, and that diversity of experience makes for a broader post-MBA job market.

If you are self-motivated, like autonomy, results-oriented, work well under pressure, and have solid interpersonal and conflict-resolution skills, then NYIT can help you turn your talents into a rewarding and potentially lucrative career.

For more details, visit nyit.edu/canada.

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Training the next generation

It may have a new name and it may have added a new program, but the commitment to elite-level education remains the same for the Nimbus School of Recording & Media.

The school, which was established in 2009 and was formerly known as the Nimbus School for Recording Arts, changed its name to better reflect today's realities and its mandate to educate and train the next generation of multidiscipline content creators.

As part of that change, the school will be launching its eight-month video production diploma program in September.

The name change and the expansion of the programs comes in response to the needs of today's students — and tomorrow's employees.

"In the world of modern media and entertainment, demand for qualified content creators is increasing," says Nimbus co-founder Bob Ezrin. "We are training the next generation of content creators, those who can record and produce the music, shoot and edit the video, and know how to place that content online in a way that makes business sense.

"Every industry, not just the music industry, needs these types of multidiscipline generalists in the online economy."

For more on the programs offered, to book a site tour, or to apply to one of Nimbus' programs, visit nimbusrecording.com.

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Explore the wealth of programs at VCC

Plan to attend information night on April 22

There many educational possibilities available to you, but the challenge can be knowing where to start. To help guide you down the path to a brighter future, Vancouver Community College is hosting an information night for interested students April 22.

With 120 programs, Vancouver Community College offers a variety of choices that cater to a diverse set of students, ranging from those interested in personal growth and development to those looking to advance in their careers. VCC also offers programs that align with the B.C. Skills for Jobs Blueprint.

"It's going to be an especially fun info night at VCC," says Judith McGillivray, Vancouver Community College's vice-president, academic. "Visitors get to know the breadth of our programs and we are celebrating 50 years of building careers in Vancouver."

The information night runs from 4-7 on April 22. You can register online at vcc.ca/infonight or you can register on-site. In addition, for this one night, VCC will be waiving the $31 registration fee.

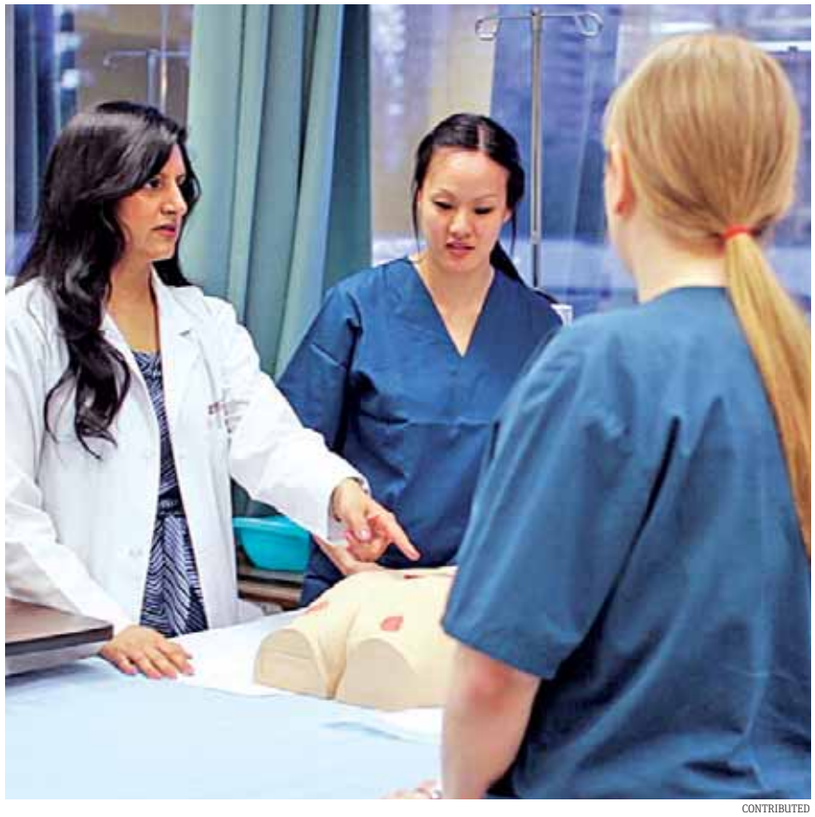
Those who RSVP online will have access to a VIP area, where you will be presented with a VCC swag bag and be entered into a draw for an iPad.

The event is designed to allow prospective students to explore the wealth of programs available and get answers to any questions they may have. There will be tours of the culinary and transportation trades areas, as well as seminars, including hospitality management, music, and an introduction to the education system in Canada and B.C.

Free parking is available on 7th Avenue.

With programs in health sciences, design, music, business, hospitality, and transportation, as well as high school, skills upgrading, and first-year university programs, VCC offers you an excellent start down the road to a new career or can help keep you in step with the changing workplace environment.

For more details, visit vcc.ca.



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VANCOUVER COMMUNITY COLLEGE 50 YEARS

Living and working in a brick factory

"I want to be a teacher. I think I can make it," Srey Neang says with confidence.

The 13-year-old lives and works in a Cambodian brick factory with her parents and four siblings. In fact, she spends more time working than she does in school, making her dream of becoming a teacher seem unlikely.

Worse is the fact that Srey's mother is considering pulling her out of school this year. "Her tuition is too much and I don't have the money," Mao, 48, says. "If she stays here (in the factory), she can make more money."

Srey's days are extremely busy. First thing in the morning, she prepares meals for her younger siblings, tidies up the house and then heads off to school. After her classes are over, she doesn't go home for a snack or to play. Rather, she cooks dinner and does more housecleaning and then heads over to the brick factory — the family lives on the factory compound — to help her mother. Srey's job is to load the heavy bricks onto the trucks for delivery. It's backbreaking labour, work not meant for a 13-year-old girl.

Once it's dark outside, most children Srey's age would be changing into their pajamas and getting ready for bed. But not Srey.

"I shower my siblings. After that I study and do my homework," she says. "I fall asleep quickly at night."

Worldwide, there are 168 million child labourers. Eighty five million of them — including Srey — are involved in the worst forms of child labour, like manufacturing. Her small body is forced to work beyond its capacity. She is surrounded by dust, dirt, ash and smoke from the brick factory. As a result, Srey is often sick and weak.

Mao, Srey's mother, wipes away at a constant stream of tears as she speaks about her family's difficult circumstances. It's obvious that her heart breaks for her children. But without their jobs at the brick factory — for which they earn only $2 a day — they would have nothing. Not even shelter.

One of the best ways that Canadians can help keep children like Srey in school and away from exploitation is through child sponsorship. To sponsor a child, visit worldvision.ca/sponsor.

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Osteopathy: the art of healing hands

Osteopathy aims to restore function in the body naturally by treating the causes of pain and imbalance. To do so, an osteopathic manual practitioner works with the position, mobility and quality of tissues through hand "palpations."

"Osteopathy is both an art and a science," says Merrill LaLonde, an osteopathic practitioner, who is also a clinical supervisor and teacher at the Vancouver college.

The art is the practice of palpation, using the hands to feel the body's tissue (commonly called "listening") to determine when something feels off or misaligned. The science involves a study of biomechanics — the movement of the joints, connective tissue, cranial bones and organs, from head to toe, to ensure they're moving properly and getting sufficient blood flow.

Osteopathic practitioners can treat a variety of conditions in children and adults, including soft-tissue strains like tendonitis and respiratory problems like chronic bronchitis, as well as concussions, migraines, back pain, sciatica and digestion trouble.

The results will vary with the diagnosis and how long the patient has had the problem. "Most people see decreased pain and increased mobility fairly soon after their first treatment," says LaLonde.

To find an osteopathic practitioner near you, consult the Society for the Promotion of Manual Practice Osteopathy's member directory at osteopathybc.ca/members. The treatments are covered by many private health-insurance plans.

For those seeking a health-care career that involves healing hands, the Canadian School of Osteopathy Manual Practice offers a part-time, five-year osteopathic practitioner diploma program. Located at 1150 Station St. in Vancouver — in the Via rail station, (mezanine level) — the college is affiliated with Collège d'Études Ostéopathiques, the parent school in Montreal.

The Canadian School of Osteopathy Manual Practice is the only one of its kind in British Columbia recognized by the provincial Private Career Training Institutions Agency.

For more information or to register for the program starting in September, contact Louise Seguin at 1-800-263-2816 ext. 229 or at admission@ceo.qc.com.

CONTRIBUTED

PREREQUISITES

A CSO-trained osteopathic manual practitioner must hold a diploma or degree in medicine, physiotherapy, occupational therapy, nursing, sports and athletic therapy, chiropractic, veterinary medicine, midwifery, acupuncture or massage therapy (3,000 hours) prior to entering the program of study in Osteopathic Manual Practice.

metro SPORTS
Tuesday, April 14, 2015

Desjardins yet to announce decision on starting goalie

NHL PLAYOFFS

Canucks have choice to make for Game 1

Cam Tucker
Metro | Vancouver

Eddie Lack says he hasn't heard anything about which of Vancouver's goalies will start Game 1 against the Calgary Flames on Wednesday. Willie Desjardins says he hasn't made that decision yet.

It's almost become a tradition over the last several years, trying to figure out who will start in goal for the Canucks at playoff time, although the choice this year seems pretty straight forward, even if nothing has been officially announced.

Lack helped get the Canucks into the post-season, his solid stretch of play from late-February up until now coming after veteran Ryan Miller, in the first year of a three-year, $18-million deal, suffered a sprained knee and missed almost a full seven weeks as a result.

Well, coach, have you made a decision?

"Not yet," said Desjardins.

"I believe both goaltenders are ready," he later added. "At the start of the year, everyone asked and Eddie was struggling a bit, and I've always said that he's a good goaltender and he's played that way. I believe the same with Ryan. I think he's a good goaltender. I think both guys are capable of starting and playing well."

Miller's first game since the injury was Saturday against Edmonton. He said he felt better as the night went along, but admitted he wasn't as sharp on some of his reads and positioning.

Lack has been into a rhythm for a while now and said he's preparing as if he will start Wednesday in Game 1.

As for what he expects to hear from the coaching staff: "I expect to play when they tell me that I'm supposed to play."

Growing up in Sweden, Lack recalled watching the Colorado Avalanche and Peter Forsberg wage their illustrious playoff battles with the Detroit Red Wings, and he reminisced about the buzz in Vancouver during the Canucks' run to the Stanley Cup final four years ago.

It could be Lack gets to experience a similar feeling on Wednesday.

"It's something that I've had in the back of my mind for a while now, I obviously want to play a playoff game," said Lack.

Ryan Miller allowed five goals on 28 shots in the Canucks' 6-5 regular-season ending win over the Edmonton Oilers on Saturday night. Willie Desjardins hadn't announced as of Monday who he plans to start in Game 1 of Vancouver's first-round playoff series starting Wednesday night at Rogers Arena. DARRYL DYCK/THE CANADIAN PRESS

BRAD RICHARDSON

D-man practises full-on

Brad Richardson was put through the paces on Monday, but the decision on whether he returns to the lineup for the start of the playoffs hinges on how he feels Tuesday.

The veteran 30-year-old centre has played only twice since Jan. 16 due to a foot injury, but took part in a full team practice two days ahead of Game 1 of the Stanley Cup playoff series between the Canucks and Flames.

"I still have to get over that hurdle of (Tuesday) and then we'll make a decision. But, yeah, I wouldn't play if I wasn't ready," said Richardson.

Pain free?

"I don't know? What's pain free?" replied Richardson, a pending unrestricted free agent who last played on March 17.

"I'm feeling all right."

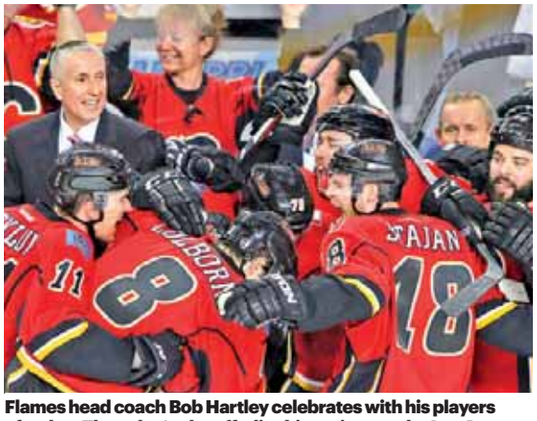
Richardson, who has eight goals and 21 points in 45 games this season, skated on a line with the gritty Derek Dorsett and Shawn Matthias, who has missed the last two games.

Linden Vey was the odd-man out along with Brandon McMillan and Zack Kassian who also didn't participate in the skate.

Having Richardson back would bolster Vancouver's forward group, particularly up the middle. He's also relied on to kill penalties.

"He's a good playoff-type player. We missed him when he was out of the lineup," said head coach Willie Desjardins. "So we're hoping that he's ready."

CAM TUCKER/METRO



Flames head coach Bob Hartley celebrates with his players after last Thursday's playoff-clinching win over the Los Angeles Kings at the Saddledome. LARRY MACDOUGAL/THE CANADIAN PRESS

CALGARY

Young Flames embrace underdog status

The Calgary Flames are deep in moxie, but not in playoff experience heading into their first-round NHL playoff series against the Vancouver Canucks.

Fourteen Canucks have played more than 20 post-season games in their respective careers heading into Wednesday's Game 1 in Vancouver.

The Flames? Five have 20-plus playoff games on their resumés. A dozen will make their post-season debuts.

"We feel just lucky to be here, but at the same time, we're not backing off from any challenges. That's in our DNA. We know we're facing a team with basically no weaknesses," Flames head coach Bob Hartley declared Monday at Scotiabank Saddledome.

> **They're young, we're old. That should play to their advantage.**
> Canucks captain Henrik Sedin

Vancouver fell short of the post-season last year, but were a playoff team each of the four years prior. They lost the Stanley Cup final in seven games to Boston in 2011.

Calgary is a playoff team for the first time in six years, so it's been a while even for those Flames with the most experience.

Leading scorer Jiri Hudler and assistant captain Dennis Wideman last saw playoff action in 2012 with Detroit and Washington respectively. Forward Mason Raymond was a Canuck in 2013 when Vancouver was swept in the first round by San Jose.

How much experience matters "depends how you want to spin it," Canucks defenceman Kevin Bieksa said.

THE CANADIAN PRESS

Dodgy Dickey gifts Tampa Bay victory

MLB

Knuckleball turns on Jays in home opener

MONDAY In Toronto

RAYS	BLUE JAYS
2	1

The Tampa Bay Rays took advantage of an erratic R.A. Dickey and spoiled the Blue Jays' home opener by shading Toronto 2-1 on Monday night before a sellout crowd at Rogers Centre.

Dickey gifted the Rays a pair of runs in the fourth inning by issuing two walks with the bases loaded. That was enough of a cushion for Tampa Bay starter Jake Odorizzi, who allowed only two hits and one earned run over eight innings.

Brad Boxberger worked the ninth for his third save.

The game was the first in a four-game series between the American League East clubs. It's part of a 10-game homestand for the Blue Jays (4-3), who won their first two series on the road.

Odorizzi (2-0) gave up a pair of two-out walks in the opening inning. A wild pitch put both runners in scoring position but the right-hander caught Josh Donaldson looking to get out of it.

In the third inning, the Rays (4-3) put runners on second and third after an infield single, walk and a balk. But Dickey (0-1) got cleanup hitter Evan Longoria to fly out to end the threat.

Desmond Jennings and Allan Dykstra stroked back-to-back singles to open the fourth. Rene Rivera popped up and Dickey made Kevin Kiermaier wave at a knuckleball for a strikeout.

Tim Beckham walked to load the bases and David DeJesus worked a full count. The towel-waving crowd of 48,414 tried to will Dickey to a third strike but he was well wide to give Tampa Bay its first run.

The veteran right-hander walked in a second run by giving another free pass to Steven Souza Jr. Asdrubal Cabrera flew out to end the Tampa half of the inning.

Odorizzi, meanwhile, settled in after his shaky opening frame. The Blue Jays didn't get a hit until Kevin Pillar's two-out double in the fifth inning and Devon Travis lashed a single to drive in Toronto's only run.

Dickey allowed three hits and two earned runs over six innings. He had six strikeouts but walked five batters.

Russell Martin's first experience catching R.A. Dickey at the Rogers Centre was rocky to say the least. THE CANADIAN PRESS

Roberto Osuna worked two innings of relief for Toronto and Aaron Loup pitched the ninth. Jose Bautista walked in the bottom of the ninth but was caught stealing after Edwin Encarnacion struck out.

Josh Donaldson hit a towering fly ball to the warning track to end the game, which took two hours 30 minutes to play. The Rays out-hit the Blue Jays 3-2.

The Blue Jays have lost four straight home openers for the first time in franchise history. Toronto fell to 26-13 in home openers, with a 16-10 mark at Rogers Centre.

THE CANADIAN PRESS

EPL

Reds close on top 4 after Sterling work

Raheem Sterling and Joe Allen scored in each half to give Liverpool a 2-0 win over Newcastle in the Premier League on Monday that puts the club four points from the last Champions League place.

Sterling opened the scoring in the ninth minute when he downed a long cross on the left edge of the area and dribbled past two defenders before slotting a neat finish inside the far post. Liverpool dominated after the interval and Allen volleyed in the second in the 70th minute.

Newcastle midfielder Moussa Sissoko was then sent off in the 83rd for a second booking after lunging in recklessly on Lucas. It was Newcastle's fifth straight loss but the club is still nine points clear of the relegation zone in 13th place.

Liverpool was coming off two losses to top-four rivals Manchester United and Arsenal but bounced back with a convincing display that keeps its hopes of Champions League football alive. The club is now four points behind fourth-place Manchester City, which lost to United on Sunday.

THE ASSOCIATED PRESS

Raheem Sterling celebrates his goal. GETTY IMAGES

IN BRIEF

Pacioretty unsure on his fitness ahead of playoffs

Max Pacioretty took part in the Montreal Canadiens' practice on Monday but still isn't sure if he'll be ready to play in the opening game of their playoff series against the Ottawa Senators. The Canadiens scoring leader with 37 goals doesn't know if he is fully recovered from an injury suffered April 5 in Florida. THE CANADIAN PRESS

Hernandez awaits his fate as jurors' deliberations roll on

Jurors deciding whether to convict former New England Patriots player Aaron Hernandez of murder went back to work Monday for a fifth day of deliberations. Hernandez is charged with the 2013 killing of Odin Lloyd, who was dating Jenkins' sister. Lloyd's body was found in an industrial park close to Hernandez's home. THE ASSOCIATED PRESS

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Prep time: 15 minutes
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Directions

1. To make the sauce, whisk the stock, brown sugar, soy sauce, vinegar, sesame oil, cornstarch, garlic and ginger in a bowl. Set aside.

2. Lightly coat a large, non-stick skillet with cooking spray and place over high heat. When the skillet is hot, brown the beef for 3 minutes, or until it's browned but still rare. Remove from the pan, let rest for 5 minutes, then slice thinly.

3. Respray the pan. Heat the vegetable oil, then add the broccoli, red pepper and snow peas. Cook for 3 minutes. Return the beef to the pan. Stir the sauce and add to the pan. Stir-fry for 2 minutes or until the sauce is thickened and bubbly and the beef is done to your liking. Be careful not to overcook.

4. Place on a serving platter and garnish with cilantro or parsley, green onions and cashews (if using).

Ingredients
Serves 4
- 3/4 cup beef (or chicken) stock
- 1/4 cup packed brown sugar
- 2 Tbsp low-sodium soy sauce
- 2 Tbsp rice vinegar
- 2 tsp sesame oil
- 1 Tbsp cornstarch
- 2 tsp finely chopped garlic
- 1 1/2 tsp finely chopped ginger
- 12 oz boneless grilling steak
- 2 tsp vegetable oil
- 1 1/2 cups chopped broccoli
- 1 1/2 cups thinly sliced red bell pepper
- 1 1/2 cups snow peas
- 1/4 cup chopped cilantro or parsley
- 1/4 cup chopped green onions
- 2 Tbsp chopped toasted cashews (optional)

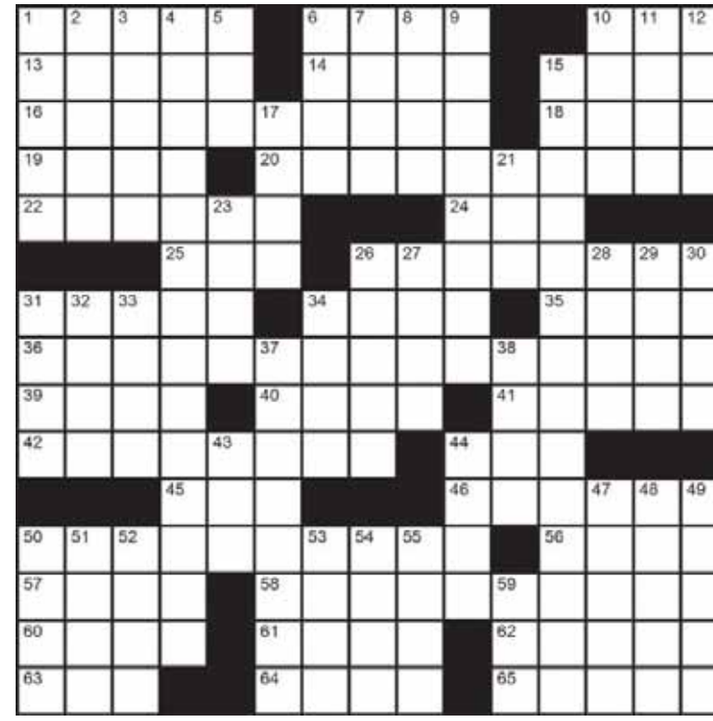
Nutrition per serving
- Calories 161
- Protein 10 g
- Carbohydrates 25 g
- Fibre 3 g
- Total fat 10 g
- Saturated fat 2.5 g
- Cholesterol 15 mg
- Sodium 375 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ANSWERS ONLINE metronews.ca



ACROSS
1. Verse variety
6. Business gathering, e.g.
10. Ruminant's snack
13. Mr. Leung (Judge on "Master-Chef Canada")
14. Tell _ _ (Deceive)
15. Heal
16. Tune off Taylor Swift's '1989' album: 2 wds.
18. Pond 'plant'
19. Yearn
20. "Elevator _ _" by Canadian band Stars
22. "Lawrence of _" (1962)
24. Suffix meaning 'somewhat'
25. "Am _ _ brother's keeper?"
26. Dime's amount: 2 wds.
31. Flooded
34. _ Yang Twins (Rap music duo)
35. Canadian comedian/actor Jon
36. "The Big Bang Theory": 3 wds.
39. Not worth _ _ (Without value)
40. Virginia willow
41. Appeases cravings
42. Desert-like climate
44. "Shallow _" (2001)
45. _-la-la
46. Alanis Morissette's "You _ Know"
50. Collectors of the gold that oozes from Maples: 2 wds.
56. Mr. Julia
57. Medley
58. Cape Breton: Fortress of _ National Historic Site of Canada
60. Disavow
61. French: Ici _ _ (Here and there)
62. "Ha! _ _ knew that!"
63. Chopper
64. "_, _ I was saying..."
65. Vice _

DOWN
1. "Usted _ espanol?" (Do you speak Spanish?)
2. _ _ nothing
3. Ms. Trump
4. Stage name of Hamilton-born blues musician Richard Newell: 3 wds.
5. Anonymous [abbr.]
6. Mob chief
7. Norwegian king, variantly
8. Courteous
9. "Teardrops rolling down on my face..." song
10. Religious sect
11. Compel
12. Letter starter...
15. Vancouver Island: Old forest growth of giant Douglas Firs in MacMillan Provincial Park: 2 wds.
17. Kill
21. Top left corner PC key
23. "The way I see it...", in Web speak
26. _ over (Helped out in the interim)
27. Irish songstress
28. "_ _ isn't." (Doubter's observation)
29. Tire swing need
30. Legis. meeting
31. Epiphanies!
32. Knowing
33. Mr. Egoyan
34. Himalayas legend
37. Moncton's professional basketball team
38. Biblical twin
43. _ Islands, Indonesia
44. "Bonanza" son
47. Rutger of reels
48. Revolves
49. Suffix denoting 'pain'
50. Pop
51. Mr. O'Loughlin of "Hawaii Five-0"
52. Country cabin wood
53. Stringed instrument of Japan
54. Katharine Hepburn's "Rooster Cogburn" (1975) role
55. Ms. Carrere's
59. Drink [abbr.]

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You like excitement but you need security too and the planets will in some way remind you today that matters of a business and financial nature must not be neglected. Have fun by all means but keep an eye on your cash too.

Taurus April 21 - May 21
You are in no mood to follow the herd. With mind planet Mercury moving into your sign you will go your own way and do your own thing even if the whole world is against you. You'll make a big impression, and a good one too.

Gemini May 22 - June 21
What happens today will plant a seed of doubt in your mind and it will rapidly reach the point where you can no longer deny that something is wrong. That's good: once you know what's wrong you can take steps to fix it.

Cancer June 22 - July 23
There may be a crisis of some sort over the next 24 hours but your confidence is sky high at the moment so chances are you will find a solution. Others will turn to you when their lives go into freefall. Somehow you know what to do.

Leo July 24 - Aug. 23
There is so much you want to do and so much you can do but don't do it all in one go. You may feel that if you don't act immediately the opportunity will be lost but that's not true. You have all the time in the world.

Virgo Aug. 24 - Sept. 23
You will enjoy yourself more if you are on the move. It may still be early in the week but if you can arrange a trip to some place you have never been to before, you should do so as it will open your mind to new possibilities.

Libra Sept. 24 - Oct. 23
If you think you are owed something, be it money, respect, or whatever, you can get it today. Mercury will help you find the words that can persuade others to give you what you desire. They simply won't dare tell you "no."

Scorpio Oct. 24 - Nov. 22
Do you know the meaning of the word compromise? Hopefully you do because the planets warn you won't get your way by force alone over the next 24 hours. Be willing to negotiate and be ready to give ground as well as take it.

Sagittarius Nov. 23 - Dec. 21
What you do for or to other people always comes back to you eventually, and if you bear that thought in mind today, and act accordingly, you won't go far wrong. It's always better to give than to receive – in the short-term anyway.

Capricorn Dec. 22 - Jan. 20
You can turn almost any situation to your advantage over the next 24 hours. Mars in the most dynamic area of your chart means you are intensely ambitious – and it makes you more passionate than usual. Try mixing business with pleasure!

Aquarius Jan. 21 - Feb. 19
A domestic issue that has been bugging you for some time can and must be dealt with today. The answer to the problem will appear in your mind seemingly out of nowhere and once it does don't wait or think about it – just act.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

1			9		2			5
	7						8	
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9		4						6
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